

PURPOSE: TO PROVIDE
INFORMATION TO ALL
DMH EMPLOYEES.

**MISSION OF
DMH:**

Prevention,
Treatment, and
Promotion of Public
Understanding for
Missourians with
mental illnesses,
developmental
disabilities, and
addictions.

**VISION OF
DMH:**

Hope * Opportunity

Community

Inclusion

Missourians receiv-
ing mental health
services will have
the opportunity to
pursue their
dreams and live
their lives as valued
members of their
communities.

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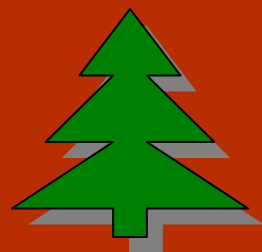
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ISSUE 25

DECEMBER 2009



Director's Corner

By Keith Schafer

As we head into this holiday season we must not forget those who are less fortunate. Each year I am moved by the tremendous generosity of our DMH family. Many of our facilities and programs take on projects to help persons in their respective communities enjoy this season a bit more. For instance, in Central Office, food, clothing and money are raised in a variety of ways to benefit local programs like the Samaritan Center and Special Learning Center. An Angel Tree is an annual fixture in our Central Office atrium. All of these efforts are initiated by staff. Similar acts and kindness and generosity can be found throughout our mental health system, including our facilities and community provider agencies.

These efforts reach into our communities and beyond the persons we serve on a daily basis. Staff in direct care jobs as well as support positions make a difference every day for the citizens we serve. For many of our clients the holidays can be a time of loneliness. Many are without family and friends. The work that each of you do truly touches their lives. Their life is brighter because of you. You may not realize it, but the work you do makes a profound difference in the lives of our clients – not just at this time of year- but throughout the year. Please know that your work is appreciated and respected.

I hope the holiday season is a time of peace for you personally. For every DMH employee, I want to wish a Happy Holiday season to you and yours.

Northwest Missouri Psychiatric Rehabilitation Center Employee Relations Committee Adopt-A-Soldier Project

The ERC adopted a soldier, SPC Jacob Broome, for Christmas. NMPRC employees donated all the goods pictured. The boxes were shipped December 2, 2009, in hopes that Jacob will receive the packages by Christmas. All Jacob asked for was "someone to communicate with and moral support," but NMPRC staff thought he should have more. In addition to several letters and Christmas cards, they assembled a treasure trove of chips, tissues, candy, beef jerky, DVDs, puzzle books, gum, coffee, shampoo, noodle mixes, and more. It took four large boxes to hold everything, and weighed in at more than 106 pounds.

The project was featured December 1 on KQ-2's 10:00 p.m. news. Dr. Jeanette Simons, Director of Psychology and ERC member, and Dr. James Reynolds, Medical Director and veteran of 13 years in the Air Force, were interviewed. They talked about the feelings of staff in putting this together to show their support and appreciation for Jacob and the others serving our country.

To find out more or to get involved go to: www.soldiersangels.org



DIRECTOR'S CREATIVITY SHOWCASE 2010

The Missouri Mental Health Foundation and the Department of Mental Health are sponsoring the 2010 Director's Creativity Showcase. The event showcases the talents and abilities of people with mental health issues.

The deadline for submission of materials is Friday, January 29, 2010.

For more information go to:

<http://www.dmh.mo.gov/news/DirectorsShowcase.htm>

or call Debra Walker at (573) 751-1647
OR e-mail debra.walker@dmh.mo.gov.

Support Systems Can Help People Deal with Holiday Stress

The stress of the holiday season can add to pressures that some people already feel, and it can affect their physical and mental health. Officials with the Department of Mental Health urge families, friends and co-workers to support each other during this time of year.

"While this time of year is full of activities focused on celebrations of friends and family, the reality is that the season does not make problems go away," said Joe Parks, M.D., Medical Director for the Department of Mental health. "This time of year can raise the level of stress that some people feel."

Financial strain may be causing people additional stress during this holiday season. Financial constraints may not allow families to provide the type of holiday celebration they are accustomed to, which may contribute to depression and feelings of anxiety.

Dr. Parks said some people may fall into depres-

sion during the holiday season. The natural support systems of co-workers, family and friends should not hesitate to talk to someone who appears depressed or stressed out.

"Each of us has the potential to make a difference for people we know simply by reaching out and offering our support if we think that someone needs help," Parks said.

Resources available for persons who may need help include:

Suicide Prevention Hotline 800-273-TALK (8255)

Child Abuse and Neglect Hotline 800-392-3738

Mental Health Crisis: If you or someone you know is experiencing a mental health crisis, call the Access Crisis Intervention (ACI) hotline closest to your home. The numbers the regions are available at

www.dmh.mo.gov/crisis.htm.

Dates to REMEMBER

December 11...Hanukkah Begins

December 21...Winter Begins

December 25...Christmas Day

December 26...Kwanzaa Begins

Employees of the Month For September and October 2009



Doris Graham
September Employee
of the Month

Doris Graham

Doris Graham, physical therapist assistant at Higginsville Habilitation Center, is September's Employee of the Month because of her dependability and willingness to go out of her way to accommodate both consumers and staff.

Doris exemplifies excellence and professionalism. She goes the extra mile to ensure that her department runs smoothly and is always helpful to the staff.

She displays a positive attitude towards the consumers and her concern for their welfare extends beyond her work area. On her own time, she makes visits to the hospital to see consumers that are admitted. She comes in early, stays late and even changed her vacation to fill in when one of her staff had an appointment or needed time off.

She showed patience, flexibility and understanding when a consumer struggled during their therapy session.

By giving the consumer support and encouragement the situation was quickly neutralized in a positive manner.

She identifies sources of potential harm and makes the necessary changes to protect the consumers.

When the weather or transportation problems prevent consumers from coming to the Physical Therapy work area, Doris and her staff travel to the unit to do the sessions.

An advocate for health and wellness, Doris was the team leader for the "Missouri on the Move" a ten-week walking program offered by The Lafayette County Regional Health Center. She recruited a ten person team from the HHC staff, and through her coaching and encouragement the team logged over 180 miles.

Doris is also an active member of the Higginsville Habilitation Center Fire & Safety, Infection Control and Wellness Committees.

Congratulations!!!!!!

Doris Graham and

Mike Nelson

Mike Nelson, RN III

Mike Nelson, RN III at Northwest Psychiatric Rehabilitation Center, was chosen as October Employee of the Month for his talent and patience that he displayed with a client.

A client was very upset with staff and locked himself in his room using his bed and several other items from his room. Communication was failing and the client was just escalating more and more. Mike came over to assist and was able to build a trust between him and the client, and with the work of Mike's communication skills the client came out of his room without further incident.

Mike was patient with the client and answered questions for him in a calm and brief manner. He pro-



Mike Nelson
October
Employee
of the
Month

vided the client with a sense of safety and security.

Mike is a very important part of the Carver team, but it's so nice to know that he has built rapport with other clients in the hospital as well.

PILLOWS OF UNREST



The Idea

A plain white pillowcase and a pack of colored Sharpies: that is what the clients at Fulton State Hospital used to depict their struggles with mental illness and/or developmental disability and their stories of recovery.

It all began with Marty Martin, Chief Operating Officer, and Sharon Britten, Client Advocate, attending a conference of the National Association of State Mental Health Program Directors, focusing on the reduction of seclusion and restraint. The Pillows of Unrest Project was described at a presentation given by Gayle Bluebird, a renowned expert in the use of art therapy in mental health treatment.

Ms. Martin and Ms. Britten brought the idea back to Fulton State Hospital, where it was shared with the facilities' Strategic Planning Team. The project quickly took on a life of its own, with astounding results.

The Project

All three units, maximum, intermediate, and minimum security, were involved in the project. Every client was given the opportunity to participate in the project. They were first provided with information on the project. They were all told participation was voluntary and that they could draw, write, or otherwise decorate a pillowcase in whatever way they felt would represent their struggle of living with a mental illness and/or developmental disability and their recovery. It was shared with them that their artwork would be displayed publicly, as a way to help educate and hopefully lessen stigma against the mentally ill and developmentally delayed. Clients, who chose to participate, signed a consent agreement, which stated their pillowcase art could be displayed publicly, would not necessarily be returned to them, that they would be given a color photograph of their pillowcase art, and that they could sign their artwork, if they wished. If a client had a guardian, the guardian was also asked to sign the consent agreement. On a surprising side note, there was a 100% return rate from guardians on these consents.

The clients responded very positively to the opportunity to participate in the project. Seventy-one clients completed pillowcases. Their art work is as varied and unique as the individuals themselves. Some wrote their own words, others copied a poem or prayer; still others drew their story or something symbolic of their journey. All are powerful works of art. It was remarkable how many clients came to the session to create their pillowcase art with a well thought out plan of what they wanted to share through their art and how they would accomplish that. Many brought meticulous drafts of what they would draw or write on the pillowcase. Also, when asked, client after client could share the detailed explanation of how their artwork represented their individual story.

See Photos of Pillows of Unrest on page 5.



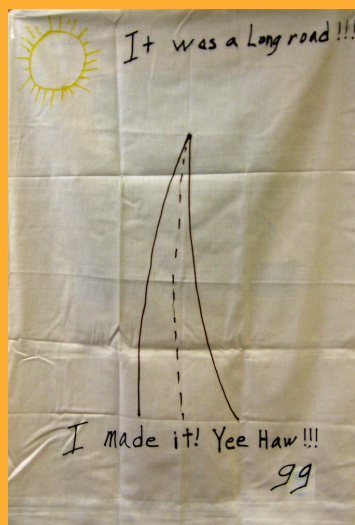
Photos from article “Pillows of Unrest“ on page 4.

In desperation, we lie down and rest our weary heads on our pillows. If those pillows could talk, they would talk, they would tell the story of struggle, one that begins within, but is often fed by an environment that lacks understanding. It is our purpose to give voice to these separate and lonely struggles through the Pillows of Unrest Project and the exhibition of these pillowcases.”

National Artists for Mental Health



“Listen to Me”



“It was a long road!!!
I made it!
Yee Haw!!!”